TJPRC: International Journal of Physiotherapy & Occupational Therapy (TJPRC: IJPOT)
ISSN(E): 2455-1996
Vol. 2, Issue 1, Jun 2016, 9-16

TRANS STELLAR
•Journal Publications •Research Consultancy

THE EFFECT OF ULTRASOUND AND STRETCHING EXERCISE VERSUS ULTRASOUND AND STRENGTHENING EXERCISE TO RELIEVE PAIN AND TO IMPROVE FUNCTIONAL ACTIVITY IN LATERAL EPICONDYLITIS

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ABSTRACT

Aim

The aim of this study is to find the effectiveness of ultrasound and stretching exercise as a comprehensive with ultrasound and strengthening exercise in relieving pain and improving functional activities for lateral epicondylitis.

Methodology

30 patients will be chosen based on inclusion and exclusion criteria from Outpatient department of ACS medical college and hospital. Both male and female patients between 25 to 50 years will be taken. Group A - Consist of 15 subjects with lateral epicondylitis who will be given ultrasound therapy and stretching exercise. Group B - Consist of 15 subjects with lateral epicondylitis who will be given ultrasound therapy and strengthening exercise. Group A and Group B subjects will be compared to know which treatment is more effective. Both groups will receive therapeutic exercise for 4 weeks (5 days in a week) which consist of ultrasound therapy, stretching and strengthening exercise for lateral epicondylitis.

Results

Thus it can be assumed from this study that (group B) ultrasound therapy and strengthening exercise is an effective approach in reducing pain and improving functional activities in lateral epicondylitis.

Conclusions

There is significant difference between Group A (ultrasound and stretching) and Group B (ultrasound and strengthening exercise).

KEYWORDS: Lateral Epicondylitis, Visual Analogue Scale, Stretching, Strengthening Exercise

Received: Dec 22, 2015; **Accepted:** Dec 28, 2015; **Published:** Jan 22, 2016; **Paper Id.:** TJPRC:IJPOTJUN20162

Original Article